



231st Navy Birthday 5K Run

*"Sound of Heart...Strong in Spirit...
Eternal in Faith"*

OPEN TO THE PUBLIC

Sept 8, 2006 ♦ NAS Pensacola, FL ♦ 5:30 pm

Course: A 3.1 mile course on board NAS Pensacola, beginning at Portside Complex. Water and aid stations will be at the half way point.

**Registration: \$15.00* until Sept 1(postmarked) ● \$18 Sept 2-7 ● \$20 Race Day
*\$10 Active Duty Military (pre-entered by Sept 1)**

Race Day Registration / Packet Pick-Up Sept 8, Portside Gym at 4 pm

**Awards: Overall Male and Female and top three in each age group listed:
9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+**

Entry Form (Please Print)

Last _____ **First** _____ **Age** _____ **DOB** _____

Address _____ **City** _____ **St** _____ **Zip** _____

Phone# _____ **Email** _____

Shirt Size: M L XL (circle one) Sex: M F (circle one)

I know that running a 5K race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I, the undersigned hereby remise, release, and forever discharge the United States of America and all agents, representatives and employees thereof, and their successors from any and all claims and damages whatsoever which I, my heirs, their executors and administrators have or may have against the said United States of America, its agents, representatives or employees, by reason of any damages or injuries which may be incurred by myself while running this race or in any activities sponsored by this race. I agree that if administered aid in a medical facility, I will pay the current published rates for this aid. I witness whereof, I have here unto set my hand and seal this date.

Date _____

Signature: (or parent / guardian signature if under 18 years old)

**Mail to: MWR / Navy Birthday Run, Code 22000, 640 Roberts Ave, Bldg. 503
CID Corry Station, Pensacola, FL 32511**

Make Checks payable to MWR / Navy Birthday Run. (Postmark determines date of registration)

Information: 452-6185

MWR website: www.naspensacola.navy.mil/mwr

